

A blue silhouette of a person standing and pulling a curtain to the right. The curtain is represented by several vertical lines of varying lengths, some of which are being pulled by the person's hand.

Beyond the Curtain

How Do I Help?



Who We Are



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Our Vision and Mission

Strong families – South Dakota's foundation and our future

The South Dakota Department of Social Services

is dedicated to strengthening and supporting individuals and families by promoting cost effective and comprehensive services in connection with our partners that foster independent and healthy families.



About DBH

The Division of Behavioral Health (DBH) supports a comprehensive array of publicly funded behavioral health treatment and supportive services.

Publicly Funded Behavioral Health Treatment Services

- Outpatient mental health services
- Outpatient and inpatient substance use disorder treatment services
- Support and recovery services
- Crisis & Prevention services



About HSC

The South Dakota Human Services Center (HSC) is a licensed specialty hospital and the state's only public psychiatric hospital.

Publicly Funded Behavioral Health Treatment Services

- Inpatient Psychiatric Treatment
- Adult Inpatient Substance Use Disorder Treatment
- Skilled Nursing Home Care

Presentation Objectives

Presentation Outline:

1. Signs and symptoms of mental health and substance use disorders
2. How to access and make a referral to Substance Use Disorder treatment services
3. How to access and make a referral to Mental Health treatment services
4. The financial eligibility process
5. What a day in the life of a client looks like

By the end of this presentation the audience should...

- Have the ability to identify an individual who may need Behavioral Health services
- Gain confidence in assisting an individual in accessing services
- Have a deeper understanding of the referral process and what to expect

Signs and Symptoms of Mental Health and Substance Use Disorders



Poll #1: What percentage of SD high school students have considered suicide?

A) 4.6% B) 35.7% C) 23.1% D) 12.9%

Answer: C) 23.1% of SD high school students have considered suicide

(2019, Youth Risk Behavior Surveillance System)

Worldwide, a suicide death occurs
every 40 seconds

That's **135** suicide deaths in this 1.5 hour presentation.

In 2020, **185** died by suicide in South Dakota.

Suicide Risk and Severity of Mental Health Issues

- Greatest risk is with Major Depressive Disorder and Alcohol Use Disorder
- Suicide Risk is multifactorial

20% with a Depression Diagnosis
25-60% with a Bipolar Diagnosis

Poll #2: Have you attended Mental Health First Aid training?

A) Yes B) No

Training is available!

Visit: <https://sdsuicideprevention.org/get-help/request-training/>

About 988About SuicideGet HelpState PlansProfessionalsEvents

Request Training

Request Training

The Department of Social Services, Division of Behavioral Health (DSS-DBH) is please to offer mental health awareness and suicide prevention training. To learn more about available trainings, [click here](#).

Please submit requests within **two weeks** of desired training date to allow for scheduling and coordination.

Training Request Form

Training Requested *

I would like to request the above training for the following organization/group *

Number of people anticipated to attend *

Purpose of training *

City of training location *

Mental Health First Aid



Depression: Signs & Symptoms

Physical

- Fatigue
- Lack of energy
- Sleeping too much or too little
- Constipation
- Weight loss or gain
- Headaches
- Irregular menstrual cycle
- Loss of sexual desire
- Unexplained aches and pains

Behavioral

- Crying spells
- Withdrawal from others
- Neglect of responsibilities
- Loss of interest in personal appearance
- Loss of motivation
- Slow movement
- Use of drugs and alcohol

Psychological

- Sadness
- Anxiety
- Guilt
- Anger
- Mood swings
- Lack of emotional responsiveness
- Feelings of helplessness
- Feelings of hopelessness
- Frequent self criticism
- Self blame
- Pessimism
- Impaired memory and concentration
- Indecisiveness and confusion
- Tendency to believe others see one in a negative light
- Thoughts of death and suicide

Anxiety: Signs & Symptoms

Physical

- Cardiovascular: pounding heart, chest pain, rapid heartbeat, blushing
- Respiratory: fast breathing, shortness of breath
- Neurological: dizziness, headaches, sweating, tingling, numbness
- Gastrointestinal: choking, dry mouth, stomach pains, nausea, vomiting, diarrhea
- Musculoskeletal: muscle aches and pains (especially neck, shoulders, and back), restlessness, tremors and shaking, inability to relax

Psychological

- Unrealistic or excessive fear or worry (about past or future events), mind racing or going blank, decreased concentration or memory, indecisiveness, irritability, impatience, anger, confusion, restlessness or feeling “on edge” or nervous, fatigue, sleep disturbance, or vivid dreams

Behavioral

- Avoidance of situation, obsessive or compulsive behaviors, distress in social situations, and phobic behavior

Other Risk Factors that can impact mental health include but are not limited to:

- Distressing and uncontrollable event
- Stressful or traumatic events
- Difficult childhood
- Ongoing stress and anxiety
- More sensitive emotional nature
- Chemical (neurotransmitter) imbalance

Psychosis/Substance Induced: Signs & Symptoms



Mental Health First Aid

Action Plan

- **A**ssess for risk of suicide or harm
- **L**isten nonjudgmentally
- **G**ive reassurance and information
- **E**ncourage appropriate professional help
- **E**ncourage self-help and other support strategies

Mental Health First Aid for the First Aider



Stress

- Acute (short lived)
- Chronic (experienced over a long period of time)
- Accumulative (from a variety of sources over a period of time)
- Delayed (buried internally for a period of time, resurfacing later in life.)

Self Care

- Take time every evening to clear and let go of anything that is not yours
- Recognize what self care really is
- Know that you don't need to save the world
- No more wounded healers allowed

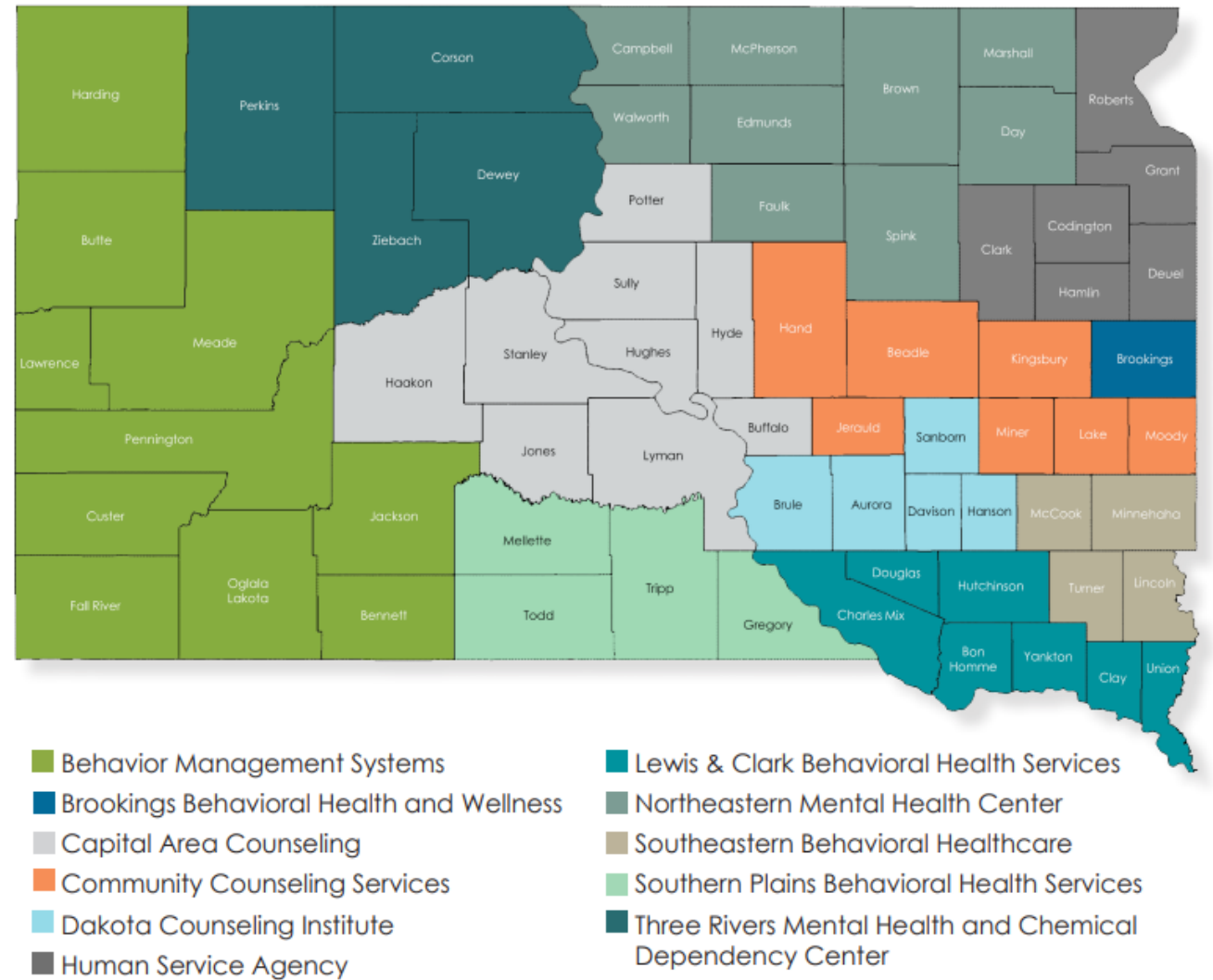
Accessing Mental Health Treatment Services



Community Mental Health Services

DBH contracts with Community Mental Health Centers (CMHCs) to provide the following:

- Outpatient Treatment Services
- Child/Youth and Family Services
- CARE Services
- IMPACT Services
- Additional Services
 - Emergency Services
 - Indigent Medication Program
 - Family Support Program
 - PATH Services
 - Treatment Services for Justice Involved Youth



Poll #3: What percentage of the Federal Poverty level is eligible for financial assistance?

A) 185% B) 200% C) 135% D) 150%

Answer: A) 185% of the Federal Poverty Level is eligible for financial assistance

Financial Eligibility (Calendar Year 2022)

NET INCOME OF 185% OF FEDERAL POVERTY LEVEL (FPL)

Household Size	Annual Income
1	\$25,142
2	\$33,874
3	\$42,606
4	\$51,338
5	\$60,070
6	\$68,802
7	\$77,534
8	\$86,266
9	\$94,998
10	\$103,730

Financial Eligibility Form

Form

- Completed by client or parent/guardian or representative
- **185%** of the Federal Poverty Level based on household size
- Annual Gross Income
 - Earned Income (i.e. wages)
 - Unearned Income (i.e. child support, SSDI)
- Annual Deductions/Expenses
 - Earned Income Deduction, Childcare Expenses, Child Support Payments, Annual out of pocket prescription medication costs and lab work, annual health insurance premiums, Assistive Devices purchases within the last 12 months

Eligible clients/families

- required to report changes in income or household size and complete an annual review of eligibility

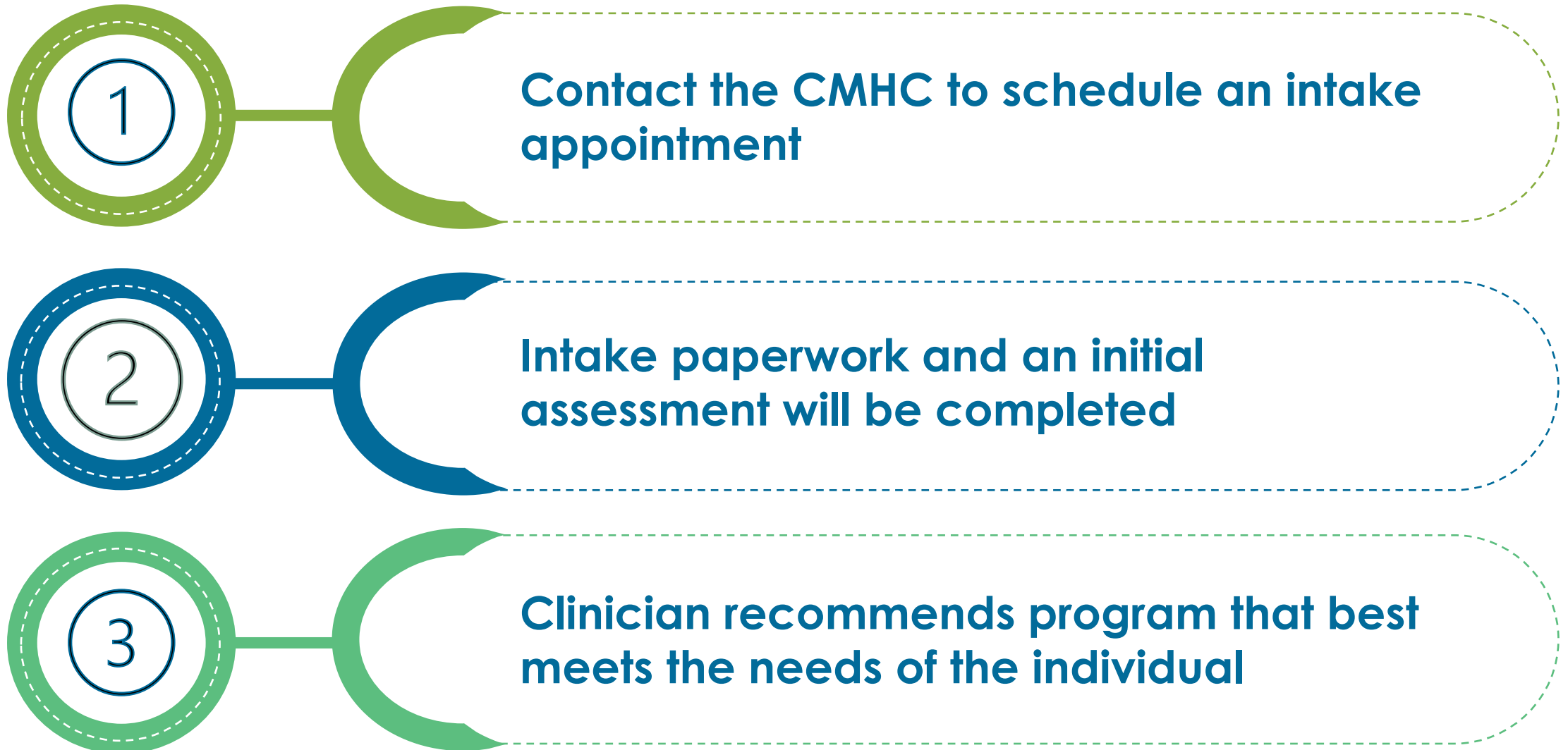
Ineligible clients/families

- Option to complete Financial Hardship Process
- If Hardship Consideration is determined ineligible, may request an Administrative Review

More information at:

<https://dss.sd.gov/behavioralhealth/providers.aspx>

What Happens Next?



A Day in the Life of a Client at a CMHC



Build Rapport
& Assess
Immediate
Needs

Identify Goals
& Collaborate
to Develop
Treatment
Plan

Ongoing
assessment;
Link to
Resources,
Develop
Coping Skills

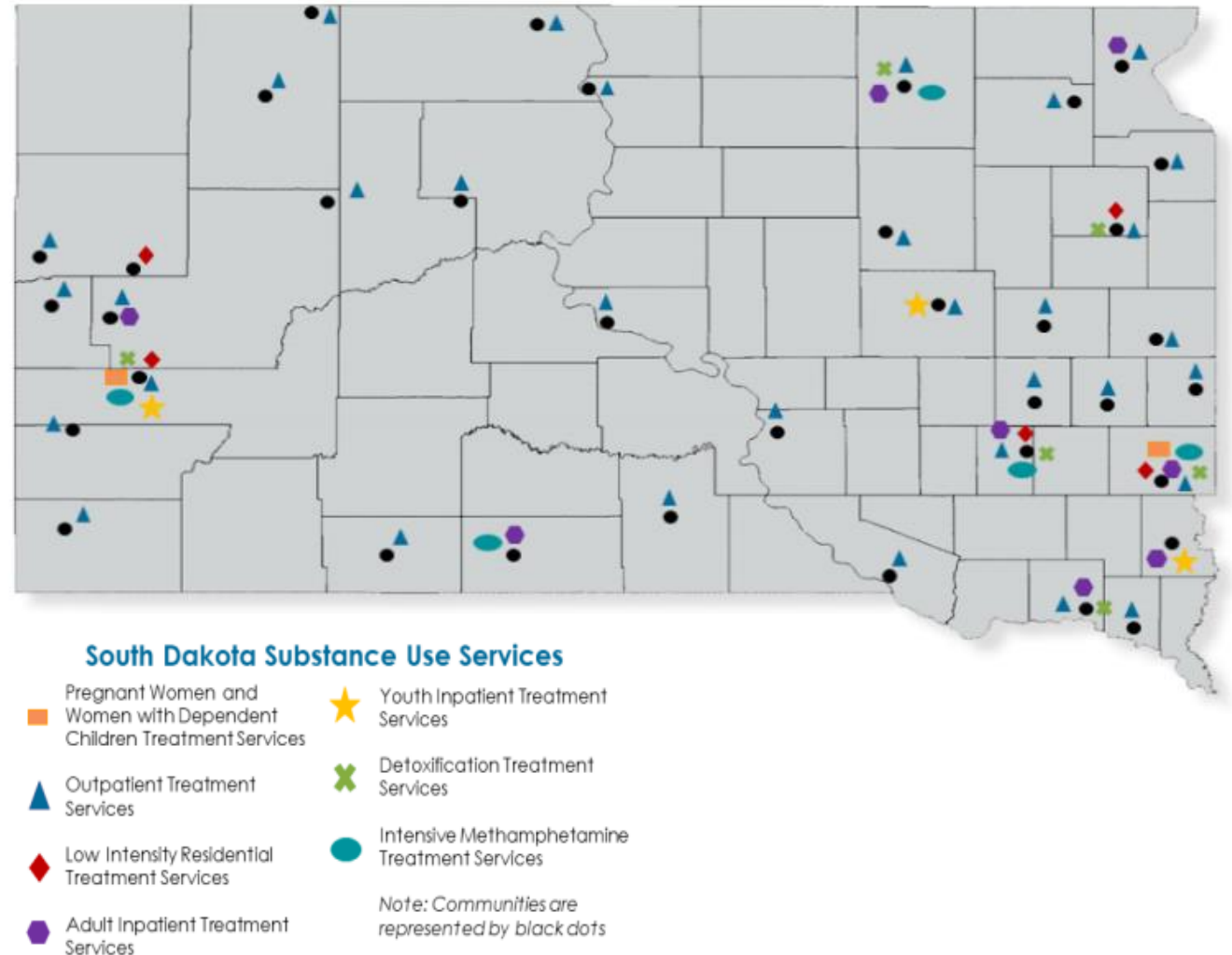
Accessing Substance Use Disorder Treatment Services



SUD Treatment Services

DBH contracts with SUD treatment providers and prevention agencies to provide the following:

- Outpatient Treatment Services
- Low Intensity Residential Treatment Services
- Inpatient Treatment Services
- Detoxification Treatment Services
- Specialized Services
 - Intensive Methamphetamine Treatment
 - Pregnant Women and Women with Dependent Children Programs
 - Treatment Services for Justice Involved Adults
- Prevention Services



Individuals Seeking Services

Substance Use Disorder is a disease which occurs when the **recurrent use of alcohol and/or drugs causes significant impairments**. Impairments may include health problems, disability, and failure to meet major responsibilities at work, school, or home.

A trained clinician completes a clinical assessment and recommends treatment services based on the assessment.

1

Individual and/or referral source contacts a local treatment provider

Find Services in Your Area

Visit: www.DSS.sd.gov/BehavioralHealth/agencycounty.aspx



Find Walk-In Assessments & Telehealth Services

Visit: www.DSS.sd.gov/BehavioralHealth/agencycounty.aspx

Walk-Ins: https://dss.sd.gov/docs/behavioralhealth/agency_county/walk-in_assessments.pdf

Telehealth Services: https://dss.sd.gov/docs/behavioralhealth/agency_county/telehealth_services.pdf



Individuals Seeking Services

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A trained clinician completes a clinical assessment and recommends treatment services based on the assessment.

1

Individual and/or referral source contacts a local treatment provider

2

A trained clinician completes a clinical assessment

Poll #4: True or False? An assessment must take place in person.

A) True B) False

Answer: B) False

An assessment can be done via telehealth.

SUD Clinical Assessment

Identifying Information

- Name, Date of Birth, etc.
- Reason(s) for Referral
- Current Presenting Problem(s)

History

- Overview of prior treatment
- Substance Use History
 - Substances used, timeline, quantity, frequency, method of use, etc.

SUD Clinical Assessment

Critical Life Areas

- Physical Health
- Psychological Health
- Educational and Vocational Background
- Current financial status
- Legal issues (past and current/pending)
- Social Network
- Family
- Spirituality

Clinical Impression

- Clinician's assessment of:
 - Appearance
 - Speech
 - Engagement
 - Etc.

SUD Clinical Assessment

Collateral Information

- Information can be collected from a loved one, medical provider, or anyone with a history of the individual relevant to a diagnosis and/or treatment plan

Diagnosis

- A diagnosis is determined based off the DSM-5 criteria
- A referral to a specific level of care is provided by the clinician utilizing the American Society for Addiction Medicine (ASAM) criteria
- It is left to the individual to follow through with the clinician's recommendation

Individuals Seeking Services

Substance Use Disorder is a disease which occurs when the **recurrent use of alcohol and/or drugs causes significant impairments**. Impairments may include health problems, disability, and failure to meet major responsibilities at work, school, or home.

A trained clinician completes a clinical assessment and recommends treatment services based on the assessment.

1

Individual and/or referral source contacts a local treatment provider

2

A trained clinician completes a clinical assessment

3

The trained clinician makes clinical recommendations and refers the individual to treatment services

A Day in the Life of a Client in Treatment Services



Human Services Center: What to Expect



A Day in the Life of a Client in Treatment Services



Work with a treatment team including a psychiatrist, social worker, nurse, psychologist, medical, and mental health aid/counselor

Evaluation completed by a Qualified Mental Health Provider (QMHP)

Work with Social Worker when ready for discharge to coordinate outpatient services, medical appointments, etc.

Q&A Session

Please submit any questions you have in the chat or Q&A box!



Thank you!

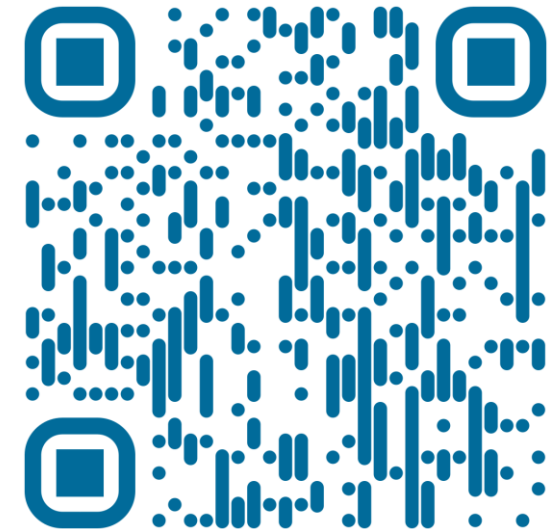
- Survey link in chat
- Slides and other related information will be sent to participants' emails



NEXT UPCOMING WEBINAR:

October 12th, 2022

“Diving Into Data”



Register here:

<https://dss.sd.gov/behavioralhealth/resources.aspx#webinars>



Contact

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